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WHERE IS YOUR COUNCILLOR'S MONEY COMING FROM?

Province plans to ban corporate and union donations to municipal politicians

metroNEWS

Developers may soon be required to include social housing units

RESIDENTIAL DEVELOPMENTS

Liberals' legislation would give builders chance to negotiate fees, requirements

Emma Jackson
Metro | Ottawa

New affordable housing powers could "open the doors to partnership" with the private sector, says Coun. Mathieu Fleury, chair of Ottawa Community Housing.

The provincial Liberals tabled the Promoting Affordable Housing Act Wednesday.

If passed — which is likely, given the Liberals have a majority — cities could soon require developers to include social housing units in new residential developments.

In return, builders could negotiate reduced fees or parking requirements, faster approval processes or extra height and density.

Fleury said the new rules are "interesting" for OCH, which manages a 10,000-family waitlist for subsidized housing.

He said the new rules could drastically improve the city's aging stock of 22,500 rent-controlled units.

But Fleury wanted to make sure affordable units are clearly defined for needy residents, rather than simply offering under-market deals.

And he was cautious about what the city's willing to give up to developers.

"There are some things we can't compromise, like cash in lieu of parkland," Fleury said.

Mike Bulthuis, director of the Alliance to End Homelessness, said there's still work ahead on that front.

A key part of creating an effective policy will be making sure developers don't get a raw deal, he said.

"If the units are truly affordable, then of course it can make an impact," Bulthuis said.

Mayor Jim Watson wouldn't comment Wednesday, but his assistant said he supports the policy, which dovetails with Ottawa's $16-million annual commitment to housing and homelessness.

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metro NEWS

Your essential daily news

One-in-four Canadians think Nellie McClung should be first woman on banknote. **Canada**

Namesake fights park upheaval

MOONEY'S BAY

Sue Holloway says no way to nation's largest playground

Haley Ritchie
Metro | Ottawa

A plan to relocate an older fitness park and build Canada's largest playground in its place at Mooney's Bay Park has upset many residents — including Sue Holloway, the namesake of the park being moved.

"My current preference is for it to stay where it is, but that to me is not the issue because my park will continue to exist somewhere in Mooney's Bay," said Holloway, whose home is right beside the park.

"What the issue is, is that space being taken over by a massive play structure, which is totally inappropriate for that space."

To celebrate Canada's 150th birthday, the city is partnering with television company Sinking Ship Entertainment in order to build a 4,600-square-metre mega-playground in the park. The construction of the Canada-themed park will be featured on a TVO children's show called Giver.

The lack of consultation upset many residents, who don't agree that the playground should be located in Mooney's Bay.

River Ward councillor Riley Brockington said residents should be aware that the fitness park is not being destroyed but relocated and rebuilt in a different area of the park.

"These changes were already scheduled to be undertaken, with or without a play structure," said Brockington. "Starting this fall, the city will be consulting with residents, user groups and Sue Holloway herself about its replacement next year."

Tree removal has already begun to make way for a mega-playground themed around the provinces and territories. HALEY RITCHIE/METRO

Holloway was the first Canadian woman to compete in both the winter and summer Olympics for both cross country skiing and sprint kayak. She was entered into the Canadian Olympic Hall of Fame in 1986.

She said she understands the fitness park needs to be renovated but planned to attend a protest to oppose the playground.

> **I just want to throw up.... It's supposed to be a green space.**
> Sue Holloway

"It's not my park being replaced because that's not the case. They're two separate things," she said. "When I look at the park — which is what I do every day — I just want to throw up. I just can't imagine that riverscape being just ruined by something. It's a green space. It's supposed to be a green space. A beautiful, tranquil area for people to play and picnic and just enjoy.

"The playground itself is not inappropriate. The location is inappropriate," she said, adding that she thinks Vincent Massey Park just south of Carleton University would be a more suitable spot.

Holloway said she's also concerned about how the new playground will affect the environment, including water levels in the Rideau River.

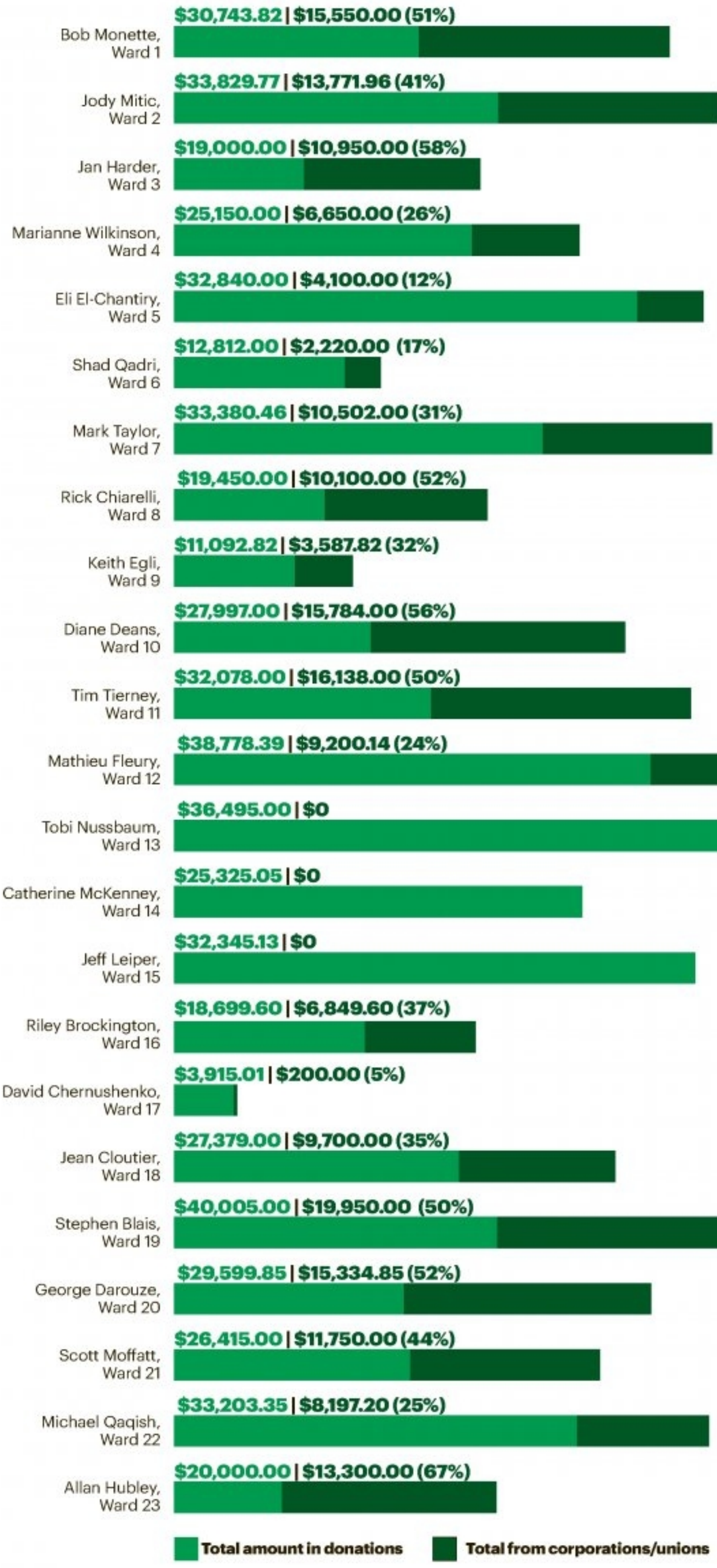
Diane Downey, spokesperson for the Rideau Valley Conservation Authority, said her organization has heard from residents and reached out to the city to review the plan for the area.

"We have an interest in the grading and the drainage because of its proximity to the Rideau River," she said. "We want to make sure there's no adverse impact on the water quality and the habitat in the river."

Downey said she wants the city to consider drainage when building the playground, including using permeable materials that will allow water to seep into the ground instead of wash down to the river.

"It's a bit of a waiting game until we get some information from the city," she said.

Construction and filming for the playground television show is set to begin in early July in order to be ready for summer 2017. The city said the cost of the park will be $2 million and will be split between the city's park-in-lieu fund and the television production company.



Donation ban for city politicians in works

POLITICS

Minister says rule changes will even the playing field

The Ontario government plans to ban corporate and union donations to municipal politicians.

The Liberals are expected to propose amendments to the Municipal Act. The government, which introduced legislation Tuesday to ban corporate and union donations at the provincial level, had said it would be up to municipal councils to decide whether or not to change their own fundraising rules.

But Municipal Affairs Minister Ted McMeekin has told The Canadian Press that the government has heard from a number of individuals and organizations across the province about the proposed Municipal Elections Modernization Act.

McMeekin says the province will ban corporate and union donations to council candidates and would-be school-board trustees in all 445 Ontario municipalities.

He says the ban will create an even playing field for all political candidates.

Toronto already bans corporate and union donations during municipal elections, and several other municipal councils, including Ajax and Barrie, have been talking about a similar rule change to reduce the influence of money in local campaigns, especially from developers and home builders.

However, the majority of councillors in Richmond Hill voted against introducing a similar ban and sent the idea back to staff for further study.

Other proposed changes to the Municipal Elections Act would allow towns and cities the option of using ranked ballots in the 2018 elections and would shorten campaign periods by opening candidate nominations in May instead of January.

THE CANADIAN PRESS

Jim Watson, mayor

Total amount in donations: $395,806.31

Total from corporate/union: $102,562.26 (26%)

CAMPAIGN FUNDING

City councillors stand to lose on a corporate donation ban

Lucy Scholey
Metro | Ottawa

Most Ottawa councillors will lose a hefty chunk of their campaign revenue if the province bans corporate and union donations.

After saying they would leave it up to municipalities to decide on such a prohibition, the Ontario Liberals appear poised to move ahead with an outright ban on corporate and union donations.

Under current law, those groups — and individuals — can each donate a maximum of $750 per candidate.

On average, Ottawa councillors relied on corporations and unions for a third of their 2014 election donations, according to statistics compiled by city watchdog Kevin O'Donnell on ottwatch.ca.

So it's perhaps no surprise that Ottawa city council voted overwhelmingly against a motion last year simply asking the province to allow them to ban corporate and union donations.

Ottawa Mayor Jim Watson voted with the majority, but he changed his tune on Wednesday.

"I am pleased the province is moving to level the field across Ontario and not allowing each city to set its own rules, thus creating patchwork amongst the 444 cities and towns," he said in an email sent through his spokesperson.

Watson even said the province should go a step further and prohibit candidates and their spouses from self-financing campaigns.

Rideau-Rockcliffe Coun. Tobi Nussbaum, who tabled that motion last year, welcomed the news on Wednesday.

He said a ban will prevent anyone from having "two kicks at the can" — donating as an individual and then as a corporation.

Councillors Michael Qaqish, Jeff Leiper, Catherine McKenney and David Chernushenko were the only four backers of Nussbaum's motion.

Three of those politicians — Leiper, McKenney and Nussbaum — did not accept corporate or union donations in 2014.

Meanwhile, union and corporate donations made up at least half the campaign pool for eight local politicians.

Kanata South Coun. Allan Hubley had the highest proportion of corporate donations at 67 per cent.

He said a ban on corporations reduces transparency. Business owners could still personally cut cheques for politicians, but their businesses would not be named.

"Seven hundred and fifty dollars does not buy somebody a politician. To suggest otherwise is foolishness," Hubley said.

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Small-town misfit finds her groove in music

BACKSTAGE PASS

Danielle Allard reflects on the school that 'saved my life'

Trevor Greenway
Metro | Ottawa

Danielle Allard is heading to the East Coast on a mini tour, but she needs your help this Friday to help fund the trip. **She plays Friday night at Live! on Elgin.** CONTRIBUTED

It can't be easy growing up as the "weird art kid" in a rural Ontario town.

Just ask Danielle Allard.

The now 26-year-old songstress was bouncing along the typical rural adolescent route in Carp, ready to enter a high school she couldn't relate to, with a bunch of classmates she didn't fit in with, in a town too small for her big dreams — trapped in her own teenaged wasteland.

Enter Canterbury High School.

"Oh my goodness, that school saved my life," admits Allard.

"Growing up in a small town and being kind of a weird art kid, it was a pretty rough childhood. Most of my friends at the time were my teachers."

It wasn't so much that Carp was a bad place, it's just that big artful minds need room to grow, space to flourish and safe havens to experiment within — nobody understood that more than Allard herself.

It didn't take long for the young aspiring singer to find herself amongst other like-minded artists in her new art-based school. Many of them were like her — misunderstood teens who spent their youth struggling to fit in amongst their sports-playing, beer-guzzling, gossiping peers.

It was inside these four walls on Canterbury Avenue, where the bushy ash trees line the quiet street in organic clusters, where Allard learned to embrace that weirdness that made her tick as a kid. And quickly, it didn't seem that weird at all.

"Not only the curriculum, which is amazing, but the people and how open and caring it is there," says Allard, who credits her recent musical success to the school that taught her everything about the business.

Flash forward 10 years later and Allard has graced some of Ottawa's most prominent stages: the NAC, Folk Festival, Jazz Festival, Megaphono, and this summer she'll take over the Barney Danson Theatre at Bluesfest. And some of her shows have been oddball, quirky events that not too many artists can say they've endured. Like opening for the Trailer Park Boys, or singing the national anthem at a Great North Wrestling event in Brockville — and taking Honky Tonk Man's guitar across the face by accident. Seriously, she sustained a concussion in the ordeal, but even she agrees it's one hell of a story.

While it seems crazy that a small-town kid from Carp could make such a huge impact on a big-city music scene, it all makes sense when her poppy, smooth voice starts crooning.

Allard's debut album Chameleon, released last year, is a refreshing symphonic score littered with cautious optimism and hopeful pessimism in the same gulp. It's a balanced album that's hard to nail down in any genre. The album's single Crown is a smoky anthem, completely jazzed out up front with a sly bassline driving the haunt below. Track 3, Shipwreck, carries a soulful sear of the heartbroken trying to understand her own pain, alone, "on a bar stool."

The album balances itself, almost song by song, as if Allard wanted to create an auditory life story complete with all the highs and lows we all live through — the good, bad and the downright awful. It's a layered album that changes moods without warning, tones without an admonition; an album that can make you snicker and squall all in the same note.

Allard has toured the West Coast, central Canada and played the major festival circuit in Ontario. Now, she's heading east for a four-city tour to Halifax, Moncton, Fredericton and St. Andrews. This Friday she's playing a tour fundraiser at Live! On Elgin to help fund her mini tour and she promises the night will be a fun-filled fête, complete with an arm-wrestling tournament, live art and the most epic game of drunken Jenga. But she promises nobody will be cracked over the skull with a guitar.

Tickets for Friday's show are $10 at the door.

Senators owner Eugene Melnyk reacts following the National Capital Commission approving the results from an evaluation committee regarding the LeBreton Flats redevelopment in Ottawa on April 28. SEAN KILPATRICK/THE CANADIAN PRESS

Melnyk eyeing third project, source says

DEVELOPMENT

Locations for pharmaceutical plant reportedly being scouted

Ottawa Senators owner Eugene Melnyk is actively exploring not just his plans for LeBreton Flats and options for repurposing the Canadian Tire Centre site in Kanata, but also a third prospective development project in Ottawa.

The Ottawa Business Journal has learned that Melnyk and his adviser, Ken Villazor, chartered a helicopter this past weekend to conduct an in-depth aerial survey of not only LeBreton Flats, where the consortium that Melnyk leads is negotiating a new development with the National Capital Commission, but the Canadian Tire Centre location in Kanata.

In addition, a source says Melnyk is scouting locations for the possible development of a pharmaceutical manufacturing facility ranging from 125,000 to 200,000 square feet.

Melnyk made his fortune in the pharmaceutical industry, founding companies including Biovail.

The trip was planned, in part, to help Melnyk understand the amount and type of growth that has occurred around the 76-acre Canadian Tire Centre site. That is a sign that Melnyk is already seriously considering how the Kanata property will be redeveloped once the Senators move downtown, which the current plans say could happen as early as 2021.

The three projects add up to a significant amount of real estate activity for Melnyk. In total, the Senators will participate in a total of 129 acres across two major hubs that will shape both the western expansion of the downtown core and the economic future of Kanata.

OTTAWA BUSINESS JOURNAL

IN BRIEF

Ontario government gave $80M to teachers' unions since 2000: Audit

Ontario's auditor general says the Liberal government has given teachers' unions more than $80 million since 2000, about a quarter of that with "no strings attached."

Bonnie Lysyk had been asked to investigate $3.8 million the government paid unions representing teachers and education workers over the past three rounds of bargaining.

Lysyk says in a report released yesterday that those payments were unusual, but within the government's authority.

THE CANADIAN PRESS

APP

Game refreshments at your fingertips

Tom Pechloff
Ottawa Business Journal

A local tech firm is hoping a new deal with the Ottawa Champions baseball team will create opportunities with other local sports franchises and help it come full circle.

SweetSeat is an app that allows fans at sporting events to order and pay for food or drinks from concession stands without leaving the comfort of their seats. Its deal with the Champions will start with the private suites at Raymond Chabot Grant Thornton Park.

Champions fans will be able to place orders from tablets installed in the suites and will never miss a home run or diving catch as their food and beverages will be delivered directly to them. The plan could eventually expand throughout the park.

"We had been looking for a way to get back into our local market and be a part of the community here in Ottawa," SweetSeat founder and CEO Ryan MacGregor said.

The company was founded in 2011 and got its start through a pilot project with the Ottawa 67's at the old Ottawa Civic Centre. That business relationship ended with the Lansdowne renovations.

Overall, he said, sports venues haven't been the "early adopters" of the technology, as the company had originally hoped.

So after working with a Toronto-based consulting firm, SweetSeat turned to the office market.

This service differs only in that the employees who use the app have to go to the on-site cafe to pick up their orders. They still get to avoid lineups.

Still, MacGregor said the company is looking at many other market segments as well, including movie theatres, golf courses and anywhere else people want to avoid lineups for food or beverages.

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FLASH BULBS TULIPS IN FOCUS AS TEMPERATURES RISE Melrohs Diwas, 26, stops to take photos (and a few selfies) in front of the Canada 150 tulips in Confederation Park on Wednesday. After a cold and windy start, the forecast is finally looking summery for the final weekend of the Canadian Tulip Festival. HALEY RITCHIE/METRO

Cap-and-trade set for kickoff in 2017

ENVIRONMENT

Liberals insist system will help fight against climate change

Ontario has passed legislation creating a cap-and-trade system to fight climate change, which is expected to add $5 a month to home heating bills and about 4.3 cents to the price of a litre of gasoline.

Under cap and trade, industries are given specific pollution limits, but can sell their emission allowances to other companies if they come in below their annual limit, or buy credits if they exceed it.

The province plans to hold its first auction of pollution credits in early 2017, and expects to raise $1.9 billion a year from the plan, promising to use the money to help people and companies transition to a low carbon economy.

The Chamber of Commerce urged the Liberals to delay implementation of cap and trade for one year, saying key questions remain unanswered.

Chamber CEO Allan O'Dette says businesses are still seeking details on how revenue generated by cap and trade will be invested and administered.

The Progressive Conservatives support the idea of putting a price on carbon to reduce greenhouse gas emissions, but say it should be neutral, and claim the Liberals will use the money generated by cap and trade to balance the books.

Ontario will join existing cap-and-trade markets in Quebec and California starting next January. Manitoba has also signed on to join in the cap-and-trade plan with Ontario and Quebec, but will limit it to 20 large polluters in the province. The carbon pricing scheme is a key part of the Liberal's climate strategy, but their climate change action plan won't be officially released for a couple of weeks.

> **There will not be climate change police in Ontario seizing natural gas furnaces or fireplaces.**
>
> Jeff Leal, Agriculture Minister

Some major Ontario industries will be given a four-year exemption from cap-and-trade, which the government says is necessary to protect Ontario jobs in sectors that compete with jurisdictions without a carbon pricing system.

The Liberals deny a published report claiming their climate change plan would include phasing out the use of natural gas for home heating.

"Despite what the opposition are saying, we're not forcing anyone off of natural gas," Agriculture Minister Jeff Leal told the legislature Wednesday.

THE CANADIAN PRESS

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Dress code controversy goes viral

SOCIAL MEDIA

Outrage grew after 'humiliating' gym incident

Joe Lofaro
Metro | Ottawa

Social media was abuzz Wednesday after an Ottawa woman who was told by gym staff that her breasts were too large for her tank top went public with her story on Facebook.

As Metro first reported, Jenna Vecchio says a staff member at the Orleans Movati approached her and her husband last Saturday and said other members apparently reported they were offended by her attire.

Vecchio said in an interview she felt "humiliated" and singled out, as other women in the gym were also wearing tank tops.

"What would happen if a stomach was too big for the shirt or their muscle too big and they have (a) sleeveless shirt... Where would they stop," wrote Steven Boucher on Facebook.

Facebook user Christian Tomiak said, "How about people start working out and stop going to look at people. If you're in the zone no one around you exists. People are too sensitive these days, live your life and deal with sh–."

The story sparked a heated debate online about body image and even caught the attention of one British newspaper, The Independent.

Vecchio also shared her story Wednesday in an interview with a Toronto talk radio station.

Jenna Vecchio first told Metro that staff at the Movati gym asked her to leave because her chest was too big for her shirt.
JOE LOFARO / METRO

HOLIDAY

Glebe businesses to close Victoria day

Emma Jackson
Metro | Ottawa

The Glebe won't be the shopping mecca its BIA had hoped this Monday, after an appeal put its new holiday exemption on hold until the fall.

City council approved the trendy shopping district's application to allow retail stores to open on six statutory holidays last February, on the grounds that the neighbourhood is a tourist destination.

But the Ottawa and District Labour Council disagreed. Calling the rationale "nonsense," council president Sean McKenny appealed the decision to the Ontario Municipal Board on the grounds the city didn't spend enough time weighing the impact of a lost holiday on employees.

He also questioned the BIA's claim that the Glebe's proximity to the Rideau Canal makes it a tourist destination.

"It's 200 kilometres long," McKenny said. "There's no way the intention of the legislation had that in mind at all."

The case won't be heard until September, according to city solicitor Rick O'Connor, which puts the exemption on hold through Canada Day and Labour Day as well as Victoria Day.

Glebe BIA director Andrew Peck said the delay is unfortunate, but unsurprising.

"It's part of the due process and we respect that," Peck said. "We've been successful so far, we've obviously made a very strong case ... Now we've got to do it one more time."

And it's not like the Glebe will be desolate this holiday Monday. The Glebe's many restaurants, small grocery and handicraft stores and liquor stores are already exempt under the Retail Business Holidays Act, so they can open as usual.

Glebe retailers won't be allowed to open Victoria Day, as their exemption from council is on hold.
EMMA JACKSON/METRO

FINANCE

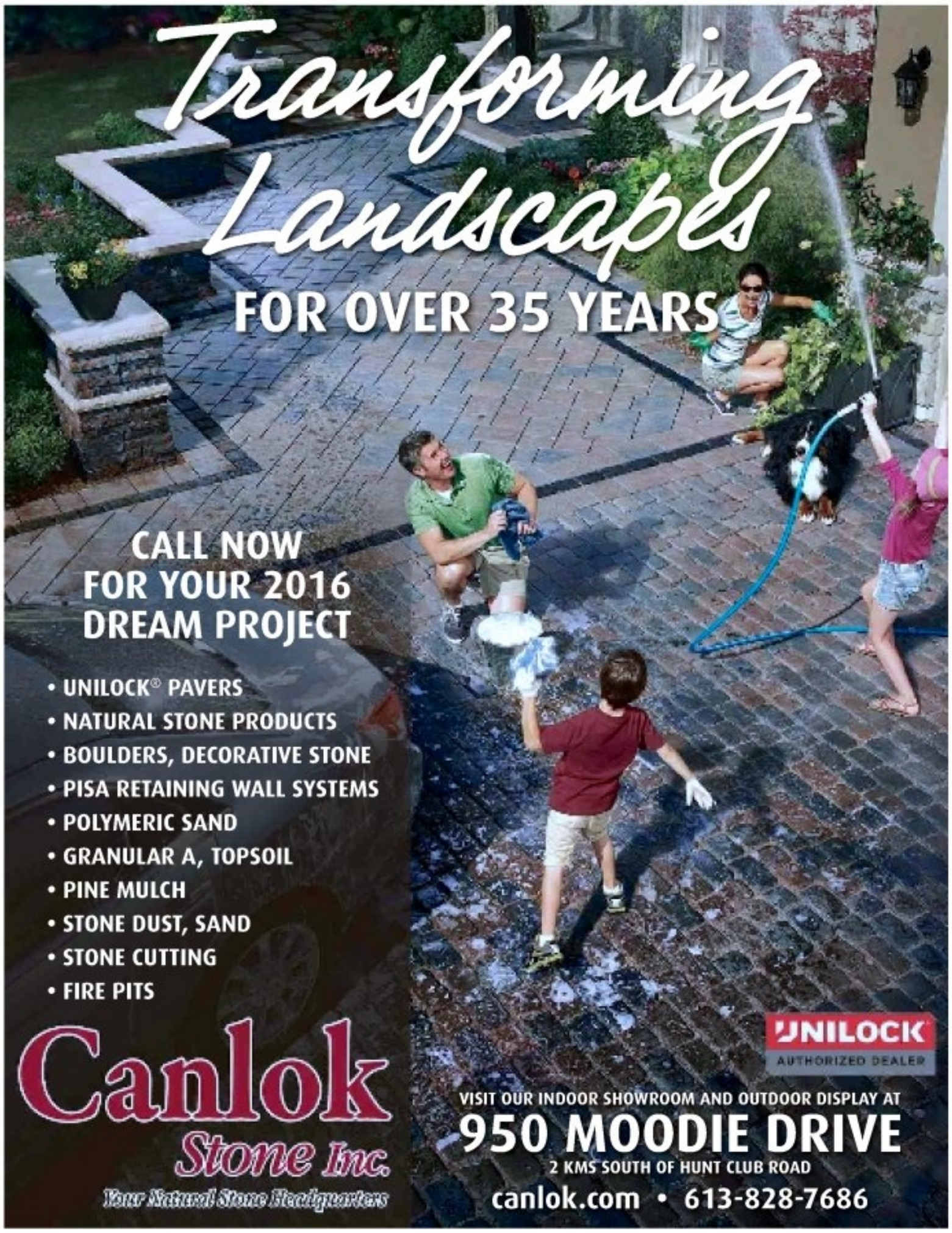
Ontario financial accountability officer warns of deficits, increasing debt

Ontario's financial accountability officer says it's possible the Liberal government can keep its promise to balance the books by 2017-18, but only if the economy grows at a stronger pace than in the past five years.

And even if they do get to balance on schedule, Stephen LeClair predicts the province will quickly be back into annual budget deficits.

LeClair also warns the accumulated deficits and the Liberals' "large infrastructure plans" will add $54 billion in the next five years to the province's net debt, which he says will hit $350 billion.

LeClair's forecasts are less optimistic than the government's — he projects a $580-million shortfall in 2017-18, but concedes there's enough flexibility in the plan that they could be back in the black that year as promised. THE CANADIAN PRESS



Whoa, Nellie: McClung tops bill poll

MONEY

'It speaks to the universality of her values': Granddaughter

Braeden Jones
Metro | Winnipeg

Roughly one-in-four Canadians think Nellie McClung should be the first woman outside of the royal family to look back at them from a domestic banknote.

For obvious reasons, the chairperson of the Nellie McClung Foundation, Lila Goodspeed, would count herself among them; but she notes choosing McClung could also loan itself to a lighthearted nickname for the bill.

"Coins have a name, so it could well be that (the new bill) does too," Goodspeed said. "You could do all kinds of things with a 'Nellie,' couldn't you? Something like: 'I'll bet a Nellie on that.'"

The Angus Reid Institute research group reached 1,517 Canadians through an online survey in May, and found 27 per cent would like to see McClung on their money.

Among female-only respondents, McClung was even more popular as 32 per cent — or one-in-three — named her as their top choice.

Her granddaughter, Caitlin McClung, said that support is indicative of how Nellie's legacy endures.

"It speaks to the universality of her values and the causes that she not just championed, but pioneered," she said.

Nellie McClung re-imagined on the Canadian $100 bill.
ILLUSTRATION BY ANDRES PLANA/METRO

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FORT MCMURRAY

Without volunteers 'we'd be nothing'

Alex Boyd
Metro | Edmonton

When I walk into the cavernous warehouse in Edmonton, I'm immediately the only person without a purpose: People drop off boxes or sort through piles of clothing, while more people whizz by on forklifts.

Since the first wave of Fort McMurray evacuees arrived in early May, the Edmonton Emergency Relief Services Society has provided necessities for almost 50,000 people.

Making it happen is a small army of volunteers. And for a (brief) period Wednesday, I joined them to see what it takes to keep thousands of people in socks, toothbrushes and blankets.

I'm immediately directed to a small office where I sign a waiver, tick off boxes vouching for my ability to lift 30 pounds but not 50, and don a reflective vest.

After a safety talk and orientation, I'm pointed in the direction of the nearest sorting table.

I have just a moment to look confused before supervisor Jay Gold strides by and steers me over to a heap of boxes.

"My linen department is atrocious," he says, pointing.

I'm instructed to sort towels, pillows and blankets into different boxes, then stack them. Once the pallet is full it'll be taped by the pallet wrapper they've named 'Dr. Dre.'

I'm amazed by the generosity of donors. Some donations are bulk — how else to explain 80 pairs of identical socks? — while others are carefully curated. I open a box with sheets decorated with cars, packed with two tiny teddy bears.

There are about 80 volunteers hard at work today.

With the exception of a day lost to "Expo flu," the sickness that hit the Northlands evacuation centre, he's been sorting ever since, and now supervises the front end of the warehouse.

He's blown away by the generosity of donations, he says.

Gold estimates they've already handed out about $10 million in goods, with another $10-12 million ready to go, but stresses that none of it have been possible without the hundreds of people who have showed up to help.

"Without these volunteers we'd be nothing."

UNITED STATES

Yellowstone Park assessing hot spring

Yellowstone National Park rangers have not been able to contact or locate a group of men from Vancouver who allegedly walked onto a sensitive hot spring, and it's possible they have returned to Canada, a park official said Wednesday.

"It looks like from their social media feed that they were already back in Canada when the warrants were issued, but it is just really hard to say," Yellowstone spokeswoman Charissa Reid said.

Rangers filed a criminal complaint Monday against three members of the group known as High on Life SundayFundayz for leaving an established boardwalk and stepping onto a geothermal feature where they allegedly snapped selfies and took video of themselves last Saturday.

The group initially posted pictures and video of their trek out on the Grand Prismatic Spring on social media, but all images that showed the men were later deleted, the criminal complaint says. THE ASSOCIATED PRESS

PM apologizes after Commons scuffle

POLITICS

Trudeau is accused of 'manhandling'

Rebecca Williams
Metro | Toronto

Prime Minister Justin Trudeau and NDP Leader Tom Mulcair got into a heated exchange in the House of Commons on Wednesday as MPs gathered to vote on the Liberal government's controversial assisted-dying bill.

Video shows Trudeau taking the arm of Opposition Whip Gordon Brown in the crowd of MPs before the argument erupts.

Mulcair is shown yelling in the direction of Trudeau as the prime minister walks towards the NDP leader.

MPs then get between the two in apparent effort to separate them.

> "I apologize for that unreservedly and I look for opportunities to make amends." Justin Trudeau

Trudeau, who physically took Brown by the arm, later told the House that he was trying to help the Opposition Whip as MPs were blocking the whip from his seat.

NDP House Leader Peter Julian accused Trudeau of "manhandling" Brown and MP Ruth-Ellen Brosseau told the House that she had been "elbowed in the chest" by the prime minister.

Trudeau got up to "apologize unreservedly" for the altercation.

While fights in Parliament are fairly rare in Canada, they aren't in other parts of the world.

Justin Trudeau and Tom Mulcair during the exchange in the House of Commons on Wednesday. SCREENGRAB

JOHN MCCALLUM

Minister calls his remarks 'insensitive'

Immigration Minister John McCallum says his suggestion there's a cultural element driving Syrian refugees to food banks was insensitive and he regrets it.

Food banks from Halifax to B.C. have reported serving hundreds of Syrians who have come to Canada since November, the month the Liberal government launched a major resettlement program to bring 25,000 people by the end of February and thousands more by the end of this year.

The question of why came up Wednesday at a Senate committee studying the refugee resettlement program and McCallum initially pinpointed two reasons: the fact refugees do not have high levels of income upon arrival and something else.

"There may be a cultural element," he said. "You have to remember the refugees are coming from an entirely different world.

"Our world is very different than their world. Sometimes they have been living in refugee camps; maybe it's the norm to be offered meals. I'm not overly concerned about this."

But later Wednesday McCallum met with reporters outside the House of Commons to take back those remarks.

"The remark I made about food banks I think was insensitive so I regret having made that comment," he said.

To date, about 27,000 Syrian refugees have arrived in Canada, spread among nearly 300 communities.

About 15,000 are government-assisted, meaning they receive a year of income support from the federal government linked to the size of the family and provincial social assistance rates.

For the 9,400 privately sponsored Syrians, their income is provided by private groups who are expected to provide the same level of support as social assistance rates as well, if not more.

The rest of the Syrians who have arrived have their costs shared between the federal government and private sponsors.

McCallum said the fact Syrians, or any Canadians, are using food banks raises broad issues about the adequacy of income levels. THE CANADIAN PRESS

Syrian refugees Ziad Zeina, left, and his wife Wafaa Al Safadi leave their new home in Queensland, N.S., on April 16. THE CANADIAN PRESS

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Traumatized Chibok girl reunited with her mother

NIGERIA

19-year-old is first to be recovered since kidnappings

This image from video posted by Boko Haram purports to show the kidnapped Chibok schoolgirls. THE ASSOCIATED PRESS

One of the teenagers kidnapped by Boko Haram extremists over two years ago from a boarding school in northeastern Nigeria has been found with a baby and was reunited with her mother, a doctor said Wednesday — the first of the Chibok girls to be recovered since the mass abduction.

The 19-year-old woman, described by an uncle as traumatized by her experience, was found wandering with her baby on Tuesday on the fringes of the remote Sambisa Forest, which is located near Nigeria's border with Cameroon.

The news gave hope to the families of the 218 girls who are still missing and may provide information as to their whereabouts.

But the young woman told her mother that some of the Chibok girls have died in captivity and the others still are being held, according to her family's doctor, Idriss Danladi, who spoke to The Associated Press after talking with the mother.

On April 14, 2014, Boko Haram stormed and firebombed the Government Girls Secondary School at Chibok and seized 276 girls preparing for science exams. Dozens managed to escape in the first hours, but 219 remained captive.

The young woman is the first of those captives to be found since the kidnapping, which grabbed worldwide attention and put a spotlight on the violence of Nigeria's homegrown Islamic extremists.

"God reigns!" one of the founders of the Bring Back Our Girls movement, Oby Ezekwesili, trumpeted on social media. "OUR #ChibokGirl ... IS BACK!!!!!!! #218ShallBeBack because #HopeEndures."

At least 16 of the girls' parents have died since the kidnapping, Bitrus said.

The inability of Nigeria's government and military to rescue the girls led, in part, to last year's electoral defeat of President Goodluck Jonathan, who was seen as uncaring.

THE ASSOCIATED PRESS

SOUTH AMERICA

Two more quakes hit Ecuador

Two powerful earthquakes jolted Ecuador on Wednesday, causing one death and injuring dozens.

Neither appeared to have caused serious damage but the government decided to cancel school nationwide as a precaution. In Guayaquil, office workers fled into the streets after the second quake.

Both tremors were centred along the Pacific coast near the epicenter of last month's magnitude-7.8 quake and rattled homes as far away as the capital, Quito.

Wednesday's initial shake was a magnitude-6.7 quake that struck before 3 a.m., and that was followed by a 6.8 tremor around midday.

President Rafael Correa said one person died in Manabi province in confusing circumstances that were still being investigated. At least 85 people were injured, two of them seriously.

"These sorts of aftershocks are normal but that doesn't mean they're not scary and can cause damage," Correa said in a televised address after the first quake. THE ASSOCIATED PRESS

Two Sri Lankan landslide survivors stand on the mud holding their sandals in hand and look at the patch visible on a mountain after a landslide in Elangipitiya village in Aranayaka north east of Colombo, Sri Lanka, on Wednesday. THE ASSOCIATED PRESS

'I could not believe my eyes'

SRI LANKA

Rescuers pull bodies from mud after huge landslides

Soldiers and police used sticks and bare hands Wednesday to dig through enormous piles of mud covering houses in three villages hit by massive landslides in central Sri Lanka, with hundreds of families reported missing.

By evening, rescuers had pulled 17 bodies from the mud and debris unleashed by several days of heavy rain across the island nation. Officials said the extent of the tragedy was still unclear, but the Sri Lankan Red Cross said at least 220 families were unaccounted for.

"The task is to figure out what happened to them," the Red Cross said in a statement, noting that some people may have left after local officials warned earlier this week of possible landslides.

Heavy fog, rain, electrical outages and the loose ground were complicating efforts to search for survivors. As night fell, the rescue operation was suspended until dawn. Officials warned that, with rain still falling, more landslides could occur in the area.

Villagers said torrents of muddy water, tree branches and debris came crashing down around their homes Tuesday in the three villages, located at different heights on the same hill in Kegalle District, about 72 kilometres (45 miles) north of Colombo.

> I saw something like a huge fireball rolling down the mountain. A.G. Kamala

"I heard a huge sound like a plane crashing into the Earth," said 52-year-old A.G. Kamala, who had just returned to her house in one of the villages, Siripura, when the landslides hit. "I opened my door. I could not believe my eyes, as I saw something like a huge fireball rolling down the mountain."

Near the village of Elangapitiya — furthest down the hill — soldiers carried bodies to a school, where families waited for news of missing loved ones.

Farmer Hewapelige Lal said he had identified the body of his nephew, but that 18 other family members were possibly buried under the mud. He and his wife had left their home to take fruit to a daughter who lived elsewhere, but at some point his wife turned back.

"That was the last time I saw her," Lal said, sobbing. When he heard of the landslide, he rushed home but found the area covered with thick, heavy mud. "All I could do was scream."

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Thursday, May 19, 2016

CHANTAL HÉBERT ON MARYAM MONSEF

The minister in charge of fulfilling the promise of a new voting system has failed to offer any evidence that her government has an agenda other than having its own way with the electoral process.

In parliamentary politics, little is more self-defeating than a minister who consistently insults the intelligence of his or her critics. Sooner or later the approach inevitably backfires.

For a case in point one only need to look at the last Parliament.

Former GTA MP Paul Calandra rose to fame in the House of Commons as Stephen Harper's last parliamentary secretary at a time when the Senate scandal was in full swing. In that capacity, he would usually take questions from the opposition leaders when the prime minister was away.

Obfuscation was Calandra's specialty. He seemed to take pride in turning question period into a gong show. In no time his desk became the place where issues of substance came to die.

For those with short memories, here is the answer he offered in response to a Liberal query about the Senate in December 2013: "I ask the Liberal party to join with us in protecting the citizenship of Santa Claus, join with us in making sure the North Pole remains part of Canada. For all of those kids around the world who are depending on Santa Claus, I ask them to abandon their ideas and stick with us, and keep Santa Claus Canadian."

This is just one of a tiresome number of examples. At one point a website devoted to Calandra quotes was created. There was never a shortage of new material to refresh it. By the time he lost his seat last October, he had become the poster boy for the Conservative government's disdain for the contribution of the opposition parties to the parliamentary debate.

There is not yet a match for Calandra on the Liberal side in the House of Commons but Democratic Institutions Minister Maryam Monsef is auditioning for the role.

For the better part of a week, the minister in charge of fulfilling Justin Trudeau's promise of a new voting system in time for the 2019 election has failed to offer any concrete evidence that her government has an agenda other than having its own way with the electoral process.

Pressed by the opposition parties, she has defaulted to bromides. Like Calandra, she is prone to explanations that defy logic. The difference is Monsef does it with a smile.

Like Paul Calandra before her, Monsef is prone to explanations that defy logic. The difference is she does it with a smile.

Democratic Institutions Minister Maryam Monsef in question period on Wednesday. Monsef's proposed electoral reform committee has been under fire from some who claim it's been designed for partisan advantage. ADRIAN WYLD/THE CANADIAN PRESS

Her proposed electoral reform committee is to be dominated by the Liberals. It will report to a House where a Liberal majority calls the shot. On the notion that the government is stacking the decks in its partisan favour, most independent outsiders concur with the opposition. But Monsef maintains that the fate of the reform is in the hands of all MPs. It's clear the opposition is free to propose as long as it is the Liberals who dispose.

In response to Conservative calls for a referendum to be held prior to the introduction of a different voting system the minister initially offered a tally of tweets on the issue of electoral reform. Had she read them Monsef might have found a groundswell of opposition to her chosen process.

Alternatively the minister argues that a plebiscite is not an effective option to sound out Canadians on the way forward because some voters would decline to participate. The underlying contention is that summer-long government-controlled parliamentary hearings and town halls are more inclusive. It is an unsustainable proposition.

By offering asinine answers to questions that resonate well beyond the opposition benches of the Commons Monsef has so far succeeded in burning bridges where she should have been building some. Even before it has gotten underway the Liberal electoral reform process is largely discredited.

It would be tempting to put this train wreck to the inexperience of a rookie minister but a government can count on the benefit of the doubt for only so long.

In the case of Calandra, for instance, observers did initially wonder whether he might not simply be out of his depth.

But at some point the answer ceased to matter, for no government minimally respectful of Parliament would have allowed its affairs to be conducted in such a farcical manner. The same will soon be true of Monsef's disingenuous handling of the electoral reform file.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

If we're really going to legalize pot, we need to own up to a few things

Dear pot smokers: Please don't f--k this up.

We are on the verge of legalization. This is a pivotal moment in our country. And some of you — actually statistically about half of you — are ruining it. In a recent survey, conducted by State Farm, 44 per cent of marijuana users said they don't think the drug impacts their ability to drive a car.

Come on, you'd have to be high to believe that. I'm a little sad to have to spell this out for you, but if pot didn't have an effect on your brain, you wouldn't use it. It might be green and fuzzy like a muppet, but it's a drug. Please treat it like one.

At least agree that limits to THC levels, as with blood alcohol, are good. Perhaps you need evidence: While much more research needs to be done on marijuana and its impact on the body (and undoubtedly will be, once pot is legalized), a 2009 meta-analysis from Yale and a 2015 study from the National Institute on Drug Abuse in the U.S. both showed that being stoned makes you a worse driver. If that surprises you, please re-read from the beginning. Maybe you got distracted by a flea.

The whole saviour complex some of you have with weed really needs to stop. You can't advocate for its medical effectiveness on one hand, and its lack of bodily effects on the other. You know the cliché that stoners are dumb? Please don't give it statistical grounding. For example, don't say, as 20 per cent of you did in the survey, that you will never stop driving high.

Also — please consider a different spokesperson than can usually be found at a 420 rally: the middle-class rasta-wannabe college white guy with a phallic joint the size of a banana.

That guy is not the reason this country needs to legalize pot. His individual desire to get baked pales in comparison to our country's need to save the estimated $1.2 billion we spend every year enforcing marijuana-possession laws. Or our need to avoid tens of thousands of arrests, and the impact they have most especially on people who can't afford a slick lawyer and those racially targeted by police. Nevermind how unimportant rasta-dude's carefree toking is compared to someone's search for relief from chronic pain.

You know that feeling when you're out of rollies? That's how I feel right now. Disappointed. Pot legislation is only a year away. I should be feeling good. Please stop crushing my vibe.

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Conservationists are worried Finding Dory will spike consumer demand for pet clownfish. It happened after the popularity of Finding Nemo and today more than 1 million clownfish are taken from their reefs for home aquariums.

Metro's WILDERNESS SURVIVAL GUIDE

The Victoria Day long weekend is the unofficial kickoff to summer and a tempting time to venture out on excursions. But what if things don't go as planned? LIZ BROWN/METRO

The wilderness is, well, wild. And given the chance, it will try very hard to kill you. It's an easy thing to forget as you pack for an outdoor adventure surrounded by the comforts of civilization.

Metro spoke to Nick Buck, head instructor of the British Columbia-based survival school Survival In Canada who shared a few simple tips for what to do when your wilderness adventure travels up s—t creek.

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THE FIVE Cs OF SURVIVAL

(DON'T LEAVE HOME WITHOUT THEM)

1. **Cutting device:** A pocket knife
2. **Combustion device:** Buck recommends bringing and learning to use a ferro rod (a man-made metallic rod that produces sparks when scraped across a rough surface) and packing cotton pads and petroleum jelly. "You make a sandwich out of two cotton pads and a blob of petroleum jelly and light one spark on it and it'll burn for 10-15 minutes," he says. This gives you time to get wood burning.
3. **Cordage:** Paracord can be purchased at any outdoor supply store and makes building a shelter easy. Learning to tie a few knots can come in handy, too.
4. **Container:** A metal (not plastic) canteen for carrying and boiling water.
5. **Cover:** A clear plastic drop sheet for building a shelter. Buck also recommends bringing a couple of garbage bags that can be stuffed with leaves to create a makeshift mattress to prevent the loss of body heat from lying directly on the cold ground.

OTHER MUST-HAVE EMERGENCY ITEMS:
- A water filter like a Life Straw or water purification tablets
- A change of dry clothes, stored in a dry bag or freezer bag
- Ribbon to mark the trail in case you get lost

SHARE YOUR PLANS
Let people know about your trip. "You can't get lost if people know where you are," says Buck. Write down the details and give them to friends or family members. Include when you're leaving, where you're going, your planned routes and when you expect to be back. Let these people know you'll call them when you return and if you don't call them, they're to call you. "If a rescue party does need to go out and search for you at least they'll know where to look," says Buck.

YOU'RE LOST
Stop and stay calm. "You're probably not as lost as you think you are," says Buck. Mark the spot where you're standing with ribbon and then wander around the local area looking for the trail you've lost while continuously keeping the ribbon in sight. If you can't find the trail or figure out where you're supposed to be going, you'll need to hunker down and wait for someone to find you. "The good news is 90 per cent of survival situations are resolved within 72 hours," he says.

YOU'RE HYPOTHERMIC
According to Buck, the biggest risk people face in a survival situation is hypothermia. "Your body operates in a narrow temperature band and if it's out of that band for about three hours then you're in trouble," he says. If you're wet, change into dry clothes and focus on starting a fire.

YOU NEED SHELTER
A shelter from the wind and rain is crucial for preventing hypothermia as well. It doesn't need to be fancy. Tie paracord between two trees and hang a clear plastic drop sheet over the top about one metre away from your fire to create a makeshift tent. Buck recommends clear plastic because it captures the heat from the fire and creates a 'microclimate.' "I've stayed in a shelter like this overnight in -27 degrees Celsius," he says.

YOU NEED WATER
Boiling water will kill all biological pathogens, so you need to carry a metal canteen that can be heated. Carrying chlorine tablets or a portable water filter like a Life Straw is also a good idea. "You can survive about three days before you die of dehydration," says Buck.

YOU NEED FOOD
"Food is your last concern," says Buck, adding humans can survive an average of three weeks in the wild without food. "And forget the Rambo bulls—t, you're not going to be hunting and skinning wild animals to cook on a stick," he says. Pack an emergency stash of high energy foods like trail mix and protein bars. Buck also recommends learning to identify the "three plants that will mess you up" and the three plants you can eat in the area where you will be travelling.

An account that can't just be deleted

INTERVIEW

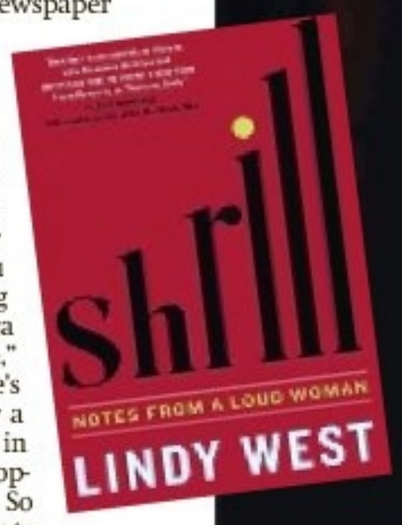
Lindy West is ready to leave Twitter after facing her past

Sue Carter
For Metro Canada

When Lindy West was young, there were few signs that she would grow up to become a vocal feminist icon, online warrior and activist for the fat-acceptance movement.

That's one of the few surprises in her debut book, Shrill: Notes from a Loud Woman, in which West describes how she evolved from a clinically shy "terror-stricken mouse person" who peed her pants in Grade One out of fear of asking to go to the washroom, to an "unflappable human vuvuzela."

Written with West's signature wry comedic style, Shrill is both a heartfelt memoir and a passionate manifesto, revealing much more of her emotional life and, by extension, her vulnerability than she ever could — or wanted to — in a newspaper column, blog post or tweet.



"I've written really personal things, but never quite this personal. Writing a memoir really gives you permission to dig into the viscera of your own life," West says. "There's not necessarily a place to do that in political and pop-culture writing. So okay, I'm going to analyze and tackle myself."

As her own subject, the Portland writer had to research her life, reliving some painful times, including the death of her beloved father.

When West found her childhood diary, it took her about four months just to crack it open.

"I didn't want to confront those feelings," she says. "I didn't want to discover that I was wrong about the way I remember things because that's a weird, disorienting feeling. But you have to fact-check your life."

Feminist icon Lindy West refused to give in to the social media trolls. COURTESY JENNY JIMENEZ

Equally as painful are the book's descriptions of the vitriol she experiences as a Twitter celebrity. West's success has risen with online culture, from her time as a columnist at feminist website Jezebel back to her early days as a film critic for the Seattle alternative newspaper The Stranger, working under famed editor Dan Savage.

A chapter in the book details a challenging time in their relationship during which West called him out for his views on fat women (Savage has since come around and now consults West and others on being sensitive toward the topic before writing.)

To say that West has a complicated relationship with the internet is a giant understatement.

Her views on topics like misogyny in stand-up comedy and abortion have made her a constant target for trolls who attack her with gleeful violence. But Shrill makes clear that despite their efforts and the effect it's had on her life, West has landed on top. Which is perhaps why she is contemplating giving up Twitter and more than 68,000 followers.

> **"I'm curious to know what it would feel like to not have a constant drip of toxicity into my arm 24/7**
> Lindy West, on Twitter

"I'm really ready to be done. I didn't want to quit at the height of being trolled and harassed because that's what they want. But I don't know that it adds much to my life anymore," says West. "I don't think that's good for me or my career anymore, and I'm curious to know what it would feel like to not have a constant drip of toxicity into my arm 24/7."

Even if West disappears from social media, don't expect she'll give up the fight, or writing.

"I have lots and lots of choices and no plans," she says. "It's a fun place to be. The future is all opportunity."

Sue Carter is the editor at Quill & Quire magazine.

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The perils of falling in love with a killer

INTERVIEW

Memoir tells of love with prison bars between

Illustration from This Is Not My Life, by Diane Schoemperlen, who had a romantic relationship with an inmate at Kingston Penitentiary while he was serving a life sentence for second-degree murder. RAFFI ANDERIAN/ILLUSTRATION

Acclaimed writer Diane Schoemperlen doesn't know exactly why she fell in love with a murderer.

"Why do you love anybody?" she says in an interview. "It's not rational, it's not logical."

As she writes in her new book, This Is Not My Life: A Memoir of Love, Prison, and Other Complications, Schoemperlen didn't intend on getting into a nearly six-year relationship with a federal inmate — identified by a fake name, Shane — in Kingston, Ont.

They met while he was serving a life sentence for second-degree murder in a minimum-security prison, which allowed inmates to do escorted work in the community. Schoemperlen, who won a 1998 Governor General's Literary Award for Forms of Devotion, met him while volunteering at a hot-meal program where he worked in the kitchen.

"I grew up in the working class and perhaps that does help a person to not be judgmental," says Schoemperlen, who was raised in Thunder Bay, Ont.

"I don't look at people and judge them by what they have or what kind of cars they drive. … I think also being a writer, I hope that means that I can look beyond the surface and beyond the labels."

Schoemperlen writes that Shane was intelligent, funny and an avid reader. In his late 50s, he was also handsome and had a tattoo of a teardrop under his eye.

They became close when she volunteered to be one of his driving escorts to and from the Frontenac Institution on his community work days.

The two started carrying on conversations by phone. Within a year, they'd struck up a relationship.

When Shane was granted day parole three decades after first being convicted, they were able to take their relationship to the next level. But Schoemperlen eventually realized it wasn't a good situation for her — and that the outside world wasn't an easy place for Shane.

"I didn't really understand what institutionalization actually meant and that the skills that a prisoner learns that help him survive in prison are the exact opposite of what he needs to do to survive out here," says Schoemperlen.

"So that's something that I would say to all women who are with prisoners. I believed mistakenly that as soon as he got out, a lot of the problems would be solved. How naive was that?

"Because in fact everything got worse and I didn't understand how hard it was for him. I didn't understand that his coming out into the so-called free world after 30 years in prison was as scary and shocking and weird as if you or I suddenly ended up being sent to prison tomorrow."

Schoemperlen advises others in such a relationship to "be careful and try to think clearly."

"No matter how much you love him, you may not be able to make the relationship work, because you're fighting not only whatever issues he might have personally but you're also fighting the damage that has been done to him, particularly if he's served a long sentence by being in prison."

Schoemperlen says she hasn't had any contact with Shane since their relationship ended, so she doesn't know if he has read or will read the book.

She wanted to write it to disprove the stereotypes about prisoners and the people who fall in love with them.

She also wanted to address the politics surrounding the prison system in Canada.

"I hope that one of the things people will get from this is that we should all care about the prison system, if only because 99 per cent of the people who are in prison right this minute are going to get out some day and they're going to come into our communities," she says.

"And if they haven't had proper programming and psychological help along the way, there are going to be more crimes and there are going to be more victims."

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Safety first takes away sting

THE SHOW: Saturday Night Live, May 14 (NBC/Global)
THE MOMENT: The "Black Jeopardy" skit

Drake's 'Black Jeopardy' skit on SNL missed its real opportunity. SCREENSHOT/GLOBALNEWS.CA

Game show host Darnell (Kenan Thompson) stares open-mouthed at contestant Jared (Drake, the evening's host and musical guest). "You're a black Canadian?" he asks.

"Obviously, dog," Jared replies in a chipper hoser accent. "There are thousands of us. I'm sure you met a few of us before."

"No!" Darnell replies. "Never met one!"

Jared continues to baffle Darnell by answering every question with white or Canadian names: Rick Moranis (instead of Eddie Murphy), Caitlyn Jenner (instead of Tyler Perry), Jaromir Jagr, Kardinal Offishall.

"Jared, I know you're speaking English, but it ain't my English," Darnell says. "Come on, black people live all over the world, you can't just put us all into one category," Jared protests.

"Maybe so," Darnell replies doubtfully. "I'm gonna let you tell that to the American police."

Aww, so close! In previous incarnations of Saturday Night Live, when the satire had more teeth, this skit would have taken off from here, and delved into how much deeper the racial divide is in America than in other nations.

Jared's fellow contestants (Jay Pharoah and Sasheer Zamata) could have peppered him with questions about what it's like to be black in Canada. He could have responded with incredulity about the racism, subtle and blatant, they put up with.

They could have poked white Canada for its smugness, and bonded over common slights. It could have resulted in something stinging.

Instead, the writers tiptoed up to something risky, then veered into safe Canadian jokes. It had all the bite of a gummy bear.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MUSIC

'René insisted the show must go on'

Four months after the death of her husband and longtime manager René Angélil, Céline Dion is stepping back into the media spotlight with a string of televised interviews and appearances that began yesterday.

Although Dion, 48, returned to her Las Vegas residency at Caesars Palace in February, she hasn't previously spoken with media about the loss.

That all changes this week.

"I really, really want to prove to my kids their mother is strong," Dion said in an interview with People.

Céline Dion is back with a bang. ETHAN MILLER/GETTY IMAGES

The cover story

Dion tells People, on the cover of this week's issue, how she explained their father's death to five-year-old twins Nelson and Eddy, using the 2009 Disney animation Up to help her break the news. Prior to their father's Jan. 22 funeral, she "threw them a glitter and balloon-filled party," People writes, and told them that just like in the movie, "Papa" had floated "up" on balloons.

The TV 'exclusive'

ABC is claiming the first TV sit down with Dion since her husband's death with her Las Vegas interview with Deborah Roberts, which airs on Good Morning America Wednesday at 7 a.m. Dion talks about Angélil's final moments, when she reassured him: "The kids are fine. I'm fine. I promise you we're gonna be OK."

The award show

Dion will receive the ICON Award at the 2016 Billboard Music Awards on Sunday, joining the company of previous honourees including Prince and Stevie Wonder. She'll also perform, singing Queen's The Show Must Go On. "René always insisted the show must go on," she told People magazine.

TORSTAR NEWS SERVICE

metro HOME
Your essential daily news

Wendel Clark lists his Muskoka cottage on Airbnb

MEET THE CONDO

Secluded community in Stittsville

Project overview

Traditions II, which opened for sale in September 2015, is an attractive community of detached houses and townhomes located in Stittsville. Construction is set to begin late this coming fall or early winter.

Housing amenities

The houses have traditional and contemporary brick elevations, with clean cut, pleasant exteriors. Each unit has a single or double car garage and finished basements. Other features include "quiet walls" in some rooms, where additional insulation can help reduce ambient sound from other parts of the house.

In the neighbourhood

Traditions II is part of a secluded community with many wooded lots, located in Stittsville, a long established community complete with recreational facilities and community activities. With a distinct main street, the village itself has a small town feel, while also having the benefits of nearby amenities and being only minutes from Ottawa.

Location and transit

The community is close to Kanata, meaning that residents will have access to several main bus stops and routes into the city. It is also easy to access Hwy 417, making commuting easy. The site is a short walk or bike ride to the main street, and offers nearby parks shops, and several schools.

ILANA REIMER/FOR METRO

CONTRIBUTED

NEED TO KNOW

What: Tradition II
Builder: Mattamy Homes
Designer: Mattamy Homes
Location: South of Stittsville Main and Fernbank Road
Building: Detached homes and townhomes
Size: 1,839 to 3,825 sq. ft.
Pricing: Starting at $309,990
Model: Two to four bedrooms, 2.5 to 3.5 bathrooms
Status: Now selling
Occupancy: Summer 2017
Sales centre: 1879 Stittsville Main St.
Phone: 613-435-7171
Website: mattamyhomes.com

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Growing bump in road to pregnancy

STARTING A FAMILY

Low fertility the new norm, Statscan report says

Jen Traplin

Infertility is on the rise in Canada with the number of couples who are affected by it having doubled since the 1980s.

According to Statistics Canada figures, roughly one in six couples in Canada experience infertility, which is typically classified as a lack of conception after a certain amount of time — one year for women who are under 35 years old and six months for women over 35.

That could have something to do with the fact that women are now waiting longer to have babies. A recent Stats Canada report says the country has gone from a high-fertility society, where women had many children, to a low-fertility society where women are having fewer children and at increasingly older ages. These days, the average fertility rate for a woman is 1.61 children while her average age at childbirth is over 30.

Of course, waiting longer to start a family means there could be additional complications when it comes to getting pregnant.

> **Natural fertility starts to decrease after 32 years old.**
> Dr. Arthur Leader

"Natural fertility starts to decrease after 32 years old and then again after age 40, so it's important to think about it early on," says Dr. Arthur Leader, professor of Obstetrics, Gynecology and Reproductive Medicine at the University of Ottawa and founding partner of The Ottawa Fertility Centre.

"In terms of pregnancy, the complications become more significant after age 40. The chances of getting pregnant also drop significantly and infertility treatments are less effective when the woman is older as well."

Waiting longer to start a family reduces the chances of getting pregnant, experts say. ISTOCK

Leader says the first step in determining your chances of getting pregnant is to get an assessment (even well before you are ready to have children) to determine whether you are likely to encounter issues with infertility later on. The cost of the assessment is covered by OHIP.

BY THE NUMBERS

Fertility facts

- For the first time in 2010, the age-specific fertility rate was higher for women aged 35 to 39 than for women aged 20 to 24. By 2011, that gap widened even further.
- For the first time since 1945, the average age of mothers at childbirth in 2010 was over the age of 30 (30.1 years). By 2011, it had edged up to 30.2 years. On top of that, the average age at first birth in 2011 — 28.5 years — was the oldest recorded to date.
- Ninety-one per cent of women can get pregnant at age 30, 77 per cent by age 35 and 53 per cent by age 40.

*Source: Statistics Canada

Surrogacy as baby-making option

When it comes to starting a family, there are a number of reasons some couples can't have their own child naturally. For many who aren't able to get pregnant on their own, surrogacy is becoming an increasingly popular option.

Dr. Arthur Leader, founding partner of The Ottawa Fertility Centre and professor of Obstetrics, Gynecology and Reproductive Medicine at the University of Ottawa, says while infertility is certainly one of the reasons people choose surrogacy, the biggest increase for demand in treatment here in Ottawa and across the country is coming from the gay community.

"Same sex couples, particularly men, need a surrogate to build their family. They need an egg donor — one of the partners would provide the sperm and the surrogate would then carry," he explains.

There are two types of surrogacy — traditional and gestational. During a traditional surrogacy, the surrogate also acts as the egg donor. With gestational surrogacy, the surrogate's eggs aren't used at all.

Regardless of which type of surrogacy is involved, it's a complicated and lengthy process, says Dr. Leader, adding it's important that both couples considering surrogacy as a fertility option and women who are planning on becoming a surrogate should consider a number of important factors.

Same sex pairs often choose surrogacy to start a family. ISTOCK

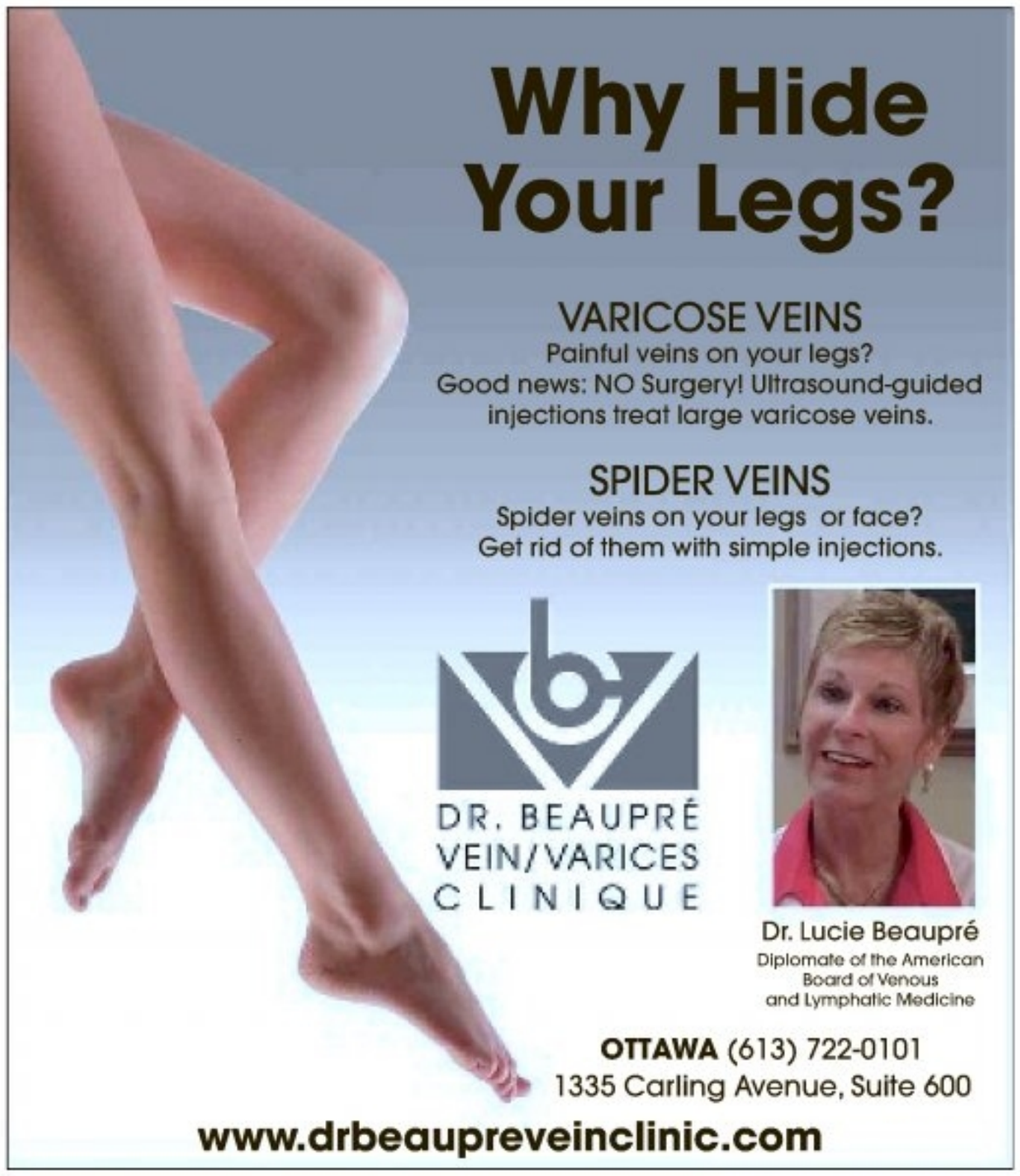
$22,000

The average cost for surrogacy starts as low as $22,000 and can reach upwards of $76,500, according to surrogacy advocacy group Surrogacy in Canada Online.

"The surrogate has to understand that it's a nine month commitment and that she's carrying a child on behalf of someone else. We require every surrogate to see a psychologist or mental health professional to understand that she has an obligation to give the child to the commissioning couple or person," Leader explains.

"For the couple, both parties have to understand that a surrogate is a special part of their life. The surrogate is always going to be there as the person who carried the pregnancy, so trying to figure out what the relationship will be after the child is born is important."

Surrogacy is legal in Canada, providing the surrogate is only reimbursed for pregnancy-related expenses and isn't paid a fee on top of that (which would then make it illegal). Those expenses can including everything from medication and maternity clothes to daycare and loss of wages. JEN TRAPLIN



The latest gadgets for your baby-to-be

EXPECTANT PARENTS

Pregnancy apps and products

Jen Traplin

Parents-to-be have never been as tuned in and informed throughout their pregnancies as they are today, thanks to a number of handy apps and gadgets that can do everything from monitor baby's heart beat and kicks to delivering a full audio experience to a baby while still in the womb.

PRODUCTS

Ritmo Pregnancy Audio Belt

It's long been known that listening to music in the womb helps stimulate a baby's senses and improve brain development. This product allows you to take that experience to the next level. This surround sound support belt features four speakers, allowing you to play music or other recordings from your phone or mp3 player directly for a baby still in the womb. Conveniently, the Ritmo Pregnancy Audio Belt comes pre-assembled.

$79.95 | ritmopregnancy.com

QardioBase Wireless Smart Scale

The QardioBase smart scale measures your weight, body mass index and full body composition (body fat percentage, muscle, water and bone mass). When switched to Pregnancy Mode, this scale tracks your progress week-by-week, during and after pregnancy.

$199.99 | getqardio.com

Hi Bebe Fetal Doppler

This medical grade fetal doppler is made for pregnant women who want to monitor their baby's heartbeat between visits to the doctor. It can be used from 10 to 12 weeks into pregnancy and allows you to hear your baby's heartbeat and displays the rate on a little LCD screen.

From $79 | hibebe.org

APPS

My Pregnancy & Baby Today | Babycentre

This award-winning app is designed to be a guide for new and expecting parents, with expert information, insights and daily tips. Through the app, you can see what your baby looks like each week with detailed fetal developments photos and videos, connect with other moms-to-be and even turn your pictures of your growing belly into a time-lapse video.

Ovia Fertility — Ovulation Calculator & Period Tracker

This free app aims to help women chart and track their fertility, while also providing important stats on blood pressure and body temperature. It can also predict ovulation dates. The makers of the app, Ovuline, Inc., call it the most accurate fertility app available, boasting that its algorithm can even make accurate predictions for women with irregular periods.

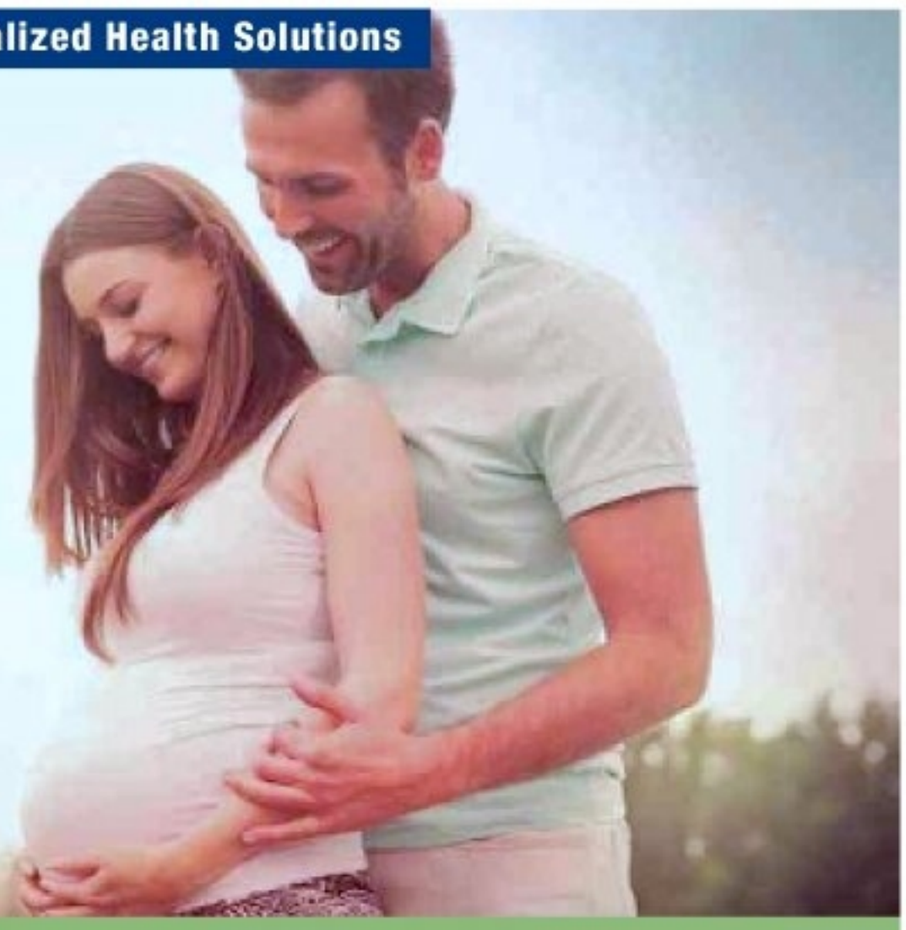
Full Term — Labor Contraction Timer, Pregnancy Reference & Kick Counter

This app allows you to easily time your delivery contractions with just the tap of a single button. It's designed to keep track of the times, durations and frequency of the entire labor period.

Gadgets can help you stimulate baby's progress with music or help parents monitor baby's development in utero. ISTOCK

Personalized Health Solutions

One size does not fit all. Are you taking the right prenatal vitmain?



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Michael Bisping has stepped in for the injured Chris Weidman to challenge Luke Rockhold for the middleweight championship at UFC 199

The Cavaliers held Raptors DeMar DeRozan, left, and Kyle Lowry to zero free throws on Tuesday. RICK MADONIK/TORSTAR NEWS SERVICE

GM Ujiri relying on squad's resiliency

RAPTORS
CLEVELAND LEADS 1-0

Cavaliers had their way with Dinos to begin East final

The Toronto Raptors have been here so many times, it's almost become their comfort zone.

The day after being throttled by Cleveland in the opener of their first-ever Eastern Conference final, the Raptors find themselves having to claw back from behind, and hope that recent history means something.

The Raptors dropped a horrific 115-84 decision to the Cavaliers on Tuesday night. But they've lost every Game 1 of this post-season, and are 6-0 in games after losses.

"I see these guys, I see it in their eyes, and we're a very resilient team and we always come back strong," general manager Masai Ujiri said. "If I asked everybody here if they knew the Miami game, Game 7, was going to be a blowout, everybody would say no. And it was a blowout. There are going to be blowout games, and in the playoffs, every single game is different.

"We just have a resilient team. These guys fight, they're going to have ups and downs, and I think they've fought through some down times in the playoffs and this year. They respond well."

Things couldn't go much worse than they did Tuesday at Quicken Loans Arena. One telling statistic: the Cavaliers held Toronto's all-stars Kyle Lowry and DeMar DeRozan to zero free throw attempts between them. In the 298 games that Lowry and DeRozan have played together, that had never happened.

"That's a phenomenal number," coach Dwane Casey said. "I'm not very good at math, but that's almost mathematically impossible as much as we drive and kick."

Lowry had been so solid against the Cavaliers in their three regular-season games, averaging 31 points on 66 per cent shooting. But the scrappy point guard was held to just eight points Tuesday night.

Asked about that spark in the eye that Ujiri spoke of: "There's always a fire if you get your ass kicked like that.

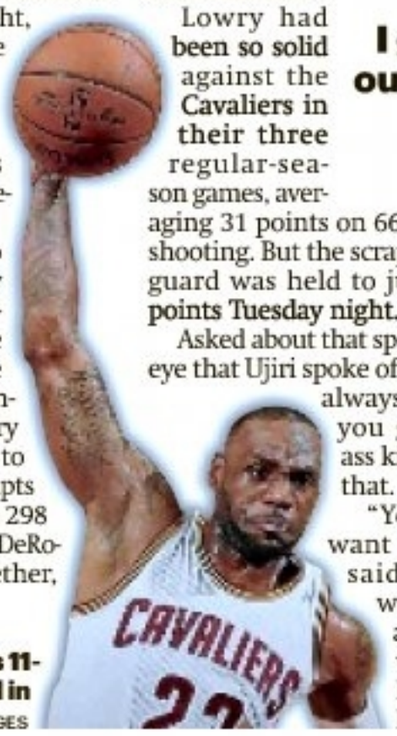
"You gotta want to win," said Lowry, wearing a backwards Maple Leafs ball cap. "We didn't just get here to be like 'OK.' We want to win games. We want to compete. Our competitive nature as professionals, as NBA players is going to be at a high level."

> **I guarantee you, our effort ... will be way better.**
> DeMarre Carroll

DeMarre Carroll had arguably the toughest job of the night Tuesday in trying to contain LeBron James. The four-time NBA MVP blew by Carroll a few times, including on windmill dunk in the second quarter that was played over and over on Wednesday's highlight reels.

"He's a physical beast," Carroll said of James. "It's one of those things man, you've just gotta do what you can. I feel like I can do better, especially staying in front of him, try to make tough twos, but I see now that they tried to go straight to the post."

Following Thursday's Game 2, the series moves to Toronto for Game 3 on Saturday and Game 4 on Sunday. THE CANADIAN PRESS



LeBron James was 11-for-13 from the field in Game 1. GETTY IMAGES

NHL PLAYOFFS

Power play driving Sharks' success

When Peter DeBoer took over as coach in San Jose one of the first tasks he wanted to complete was making sure the Sharks were more than just a power-play team.

Improved depth and 5-on-5 play helped get San Jose back to the post-season after missing it a year ago, but come playoff time that power play has served as an impressive weapon and a barometer for the team's success.

One game after getting shut out on the man advantage, the Sharks struck twice following St. Louis penalties in a 4-0 win Tuesday night that tied the series at one game apiece heading into Game 3 on Thursday in San Jose.

"It creates momentum for us," DeBoer said Wednesday.

"I think when our power play scores, that creates momentum. I think when we kill penalties like we did last night, like that four-minute penalty, I think that creates momentum the other way for us. That's what you're looking to do as a coach, is get momentum out of your special teams."

Brent Burns had both of the Sharks' power-play goals Tuesday. THE ASSOCIATED PRESS

The Sharks lead the NHL with 15 power-play goals this post-season and their 30 per cent success rate is tops among all teams that have played more than one round. San Jose is 13-for-32 on the power play in nine playoff wins, compared to 2-for-18 in its five losses.

THE ASSOCIATED PRESS

HEAD INJURIES

NHL's bid to throw out lawsuit denied

A federal judge in Minnesota has denied the NHL's latest attempt to throw out a class-action lawsuit by former players filed over head injuries.

The league had argued that the suit should be tossed because the issues raised by the former players were covered under the collective bargaining agreement with the players' union.

Last year, the NHL's request to have the lawsuit dismissed based on statute of limitations was also dismissed.

U.S. District Judge Susan Richard Nelson wrote in a 47-page opinion Wednesday that the contract does not preempt legal action, in part because the players are retired and no longer subject to the CBA. THE ASSOCIATED PRESS

MLB IN BRIEF

Verlander racks up 2,000th strikeout, Tigers top Twins

Justin Verlander struck out 10 batters, including the 2,000th of his career, to help the Detroit Tigers beat the Minnesota Twins 6-3 on Wednesday.

The Tigers have won four straight, equalling a season high, after losing 11 of 12 games.

Verlander (3-4) allowed six hits and three runs over 7-1/3 innings.

THE ASSOCIATED PRESS

A's Davis keeps his May power surge going

Khris Davis hit his fourth home run in two games, Danny Valencia drove in two and the Oakland Athletics completed a three-game sweep of the Texas Rangers with an 8-1 win on Wednesday.

Davis hit a solo home run in the sixth, a day after hitting three homers. He leads the majors with 10 home runs and 20 RBIs in May. THE ASSOCIATED PRESS

SOCCER

Sevilla wins third straight with comeback

Sevilla stunned Liverpool with a 3-1 comeback win to take a record third straight Europa League title on Wednesday.

Swept aside in the first half yet trailing only 1-0, the Spanish club equalized 18 seconds after the restart with Kevin Gameiro's goal from close range and Coke striking twice in the 64th and 70th minutes.

The third goal was furiously disputed by Liverpool after an assistant signalled an apparent offside against Coke, then lowered his flag.

EUROPA LEAGUE FINAL

3	1
SEVILLA	LIVERPOOL

Liverpool had led on Daniel Sturridge's beautifully curled shot with the outside of his left foot in the 35th.

Defeat leaves Liverpool with no European football next season and dealt coach Juergen Klopp a fifth straight loss in a cup final.

Victory in the second-tier competition, for the fifth time in 11 seasons, lifts Sevilla into the Champions League group stage next season.

It also ensures Spain will sweep Europe's club competitions for a third straight year, ahead of the Atletico Madrid-Real Madrid final of the Champions League on May 28.

Sevilla turned around the match magnificently to rock a Liverpool team that was rampant as the first half progressed.

Still, two Sevilla goals exposed tackling and positional errors by its former player Alberto Moreno on the left side of Liverpool's defence. THE ASSOCIATED PRESS

Novak Djokovic looks to be the first since Rod Laver in 1969 to win four straight major championships. GETTY IMAGES

Nole eyeing historic win

FRENCH OPEN

Djokovic looks for fourth back-to-back major at Roland Garros

Novak Djokovic is headed to the French Open knowing a title at Roland Garros will complete a career Grand Slam, something only seven other men have done.

He's already come quite close to adding the Coupe des Mousquetaires to his trophy collection, finishing as the runner-up three of the past four years.

This time, even more is at stake for Djokovic: Owner of a 21-match winning streak at Grand Slam tournaments, the guy nicknamed "Nole" – it's pronounced NO-leh – arrives in Paris with a chance to become the first man in nearly half a century to claim four consecutive major championships.

Roger Federer never did it. Neither did Rafael Nadal, Pete Sampras nor Bjorn Borg.

The last man to hold the four most prestigious titles simultaneously was Rod Laver, in 1969, when he scored a true Grand Slam, winning all in one year.

By winning Wimbledon and the U.S. Open last season and the Australian Open this January, Djokovic is on the verge of what could be called a "Nole Slam," a four-in-a-row feat a la the self-styled "Serena Slam" Serena Williams has managed twice. Lately, the No. 1-ranked Djokovic has been nearly unbeatable on any surface, going 119-9 overall since the start of 2015, a .930 winning percentage, with 16 titles. In 2016, he is 37-3 with a tour-high five titles.

Serena Williams GETTY IMAGES

Williams, like Djokovic, hopes to make history in France.

The 34-year-old American is seeking her 22nd singles title at a Grand Slam tournament to equal Steffi Graf's record for the Open era, which began in 1968. The all-time mark of 24 belongs to Margaret Smith Court.

The French Open is the only major Williams has never won back-to-back, with titles in 2002, 2013 and 2015. THE ASSOCIATED PRESS

"This year is different. I'm going to definitely go in there and feel more calm.

Serena Williams, who looks to successfully defend her French Open title for the first time

IN BRIEF

Russia could receive Olympic ban

The latest allegations of state-sponsored doping in Russia could lead to suspension of entire national federations, heavy fines and lifetime Olympic bans, IOC President Thomas Bach said Wednesday.

Bach declined to say whether the IOC would consider banning Russia entirely from this year's Olympics in Rio de Janeiro. THE ASSOCIATED PRESS

RECIPE Lemon Thyme Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This summery salad is bountiful enough to satisfy the meat and potato lovers at your table.

Ready in
Prep time: 15 minutes
Cook time: 30 minutes

Ingredients
- 1/4 cup extra virgin olive oil
- Juice of 1 large lemon
- Zest of 1/2 lemon
- 1 Tbsp of fresh chopped thyme
- 3 chicken breasts
- 6 cups sliced mixed greens
- 2 cups small potatoes, halved, boiled and tossed with oil and salt
- 4 soft boiled eggs, cut in half
- 1 cup thinly sliced carrot
- 1 cup halved cherry tomatoes
- 1 cup diced cucumber
- 1/2 cup shaved Asiago or Parmesan cheese
- 1/4 cup diced green onion
- 1/2 tsp fresh chopped thyme

Directions

1. In a bowl, combine oil, lemon juice, zest and thyme. Pour into plastic bag. Add chicken to bag, seal and refrigerate for at least 15 minutes.

2. Arrange greens on a serving dish. Place potatoes, eggs, carrot, cherry tomatoes, cucumber and cheese in groups on top.

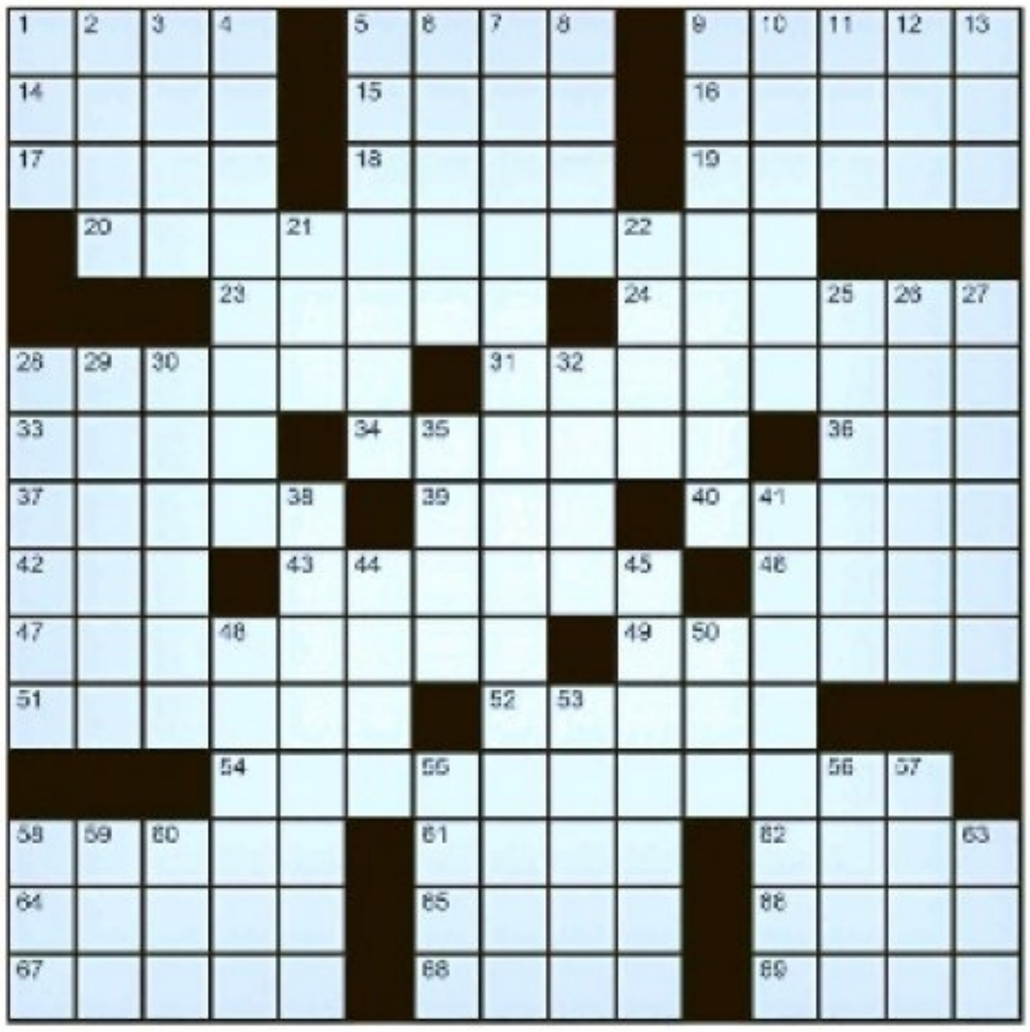
3. Heat grill to medium-high. Remove chicken and place and grill coated with cooking spray; grill 10 minutes or until browned. Turn chicken over; grill 15 minutes or until meat tis done. Remove and let stand 10 minutes. Slice chicken into strips and place on top of salad.

4. Sprinkle the entire salad with green onions and fresh thyme. Serve with your favourite salad dressing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Poison rocker Mr. Michaels
5. "__ Feel My Face" by The Weeknd
9. "Time in a Bottle" singer Jim
14. "__ & Stitch" (2002)
15. Pulitzer-winning writer James
16. Summer months in France
17. Marc __ (Fashion designer)
18. 1899 to 1902 conflict, Second __ War
19. Hog
20. One of the five 'Mother Sauces' of the culinary arts
23. Green hue
24. Creator of big screen monster Godzilla, Tomoyuki __ (b.1910 - d.1997)
28. Wipe out
31. Lifts
33. Organic compound
34. Intense injury
36. She's opposite
37. Business days, acronymonially
39. Passed in 1867, it made Canada [acronym]
40. Glistened
42. J.R.R. Tolkien creature
43. Out of commission because of an ailment: 2 wds.
46. "Mister Ed" actor Leon
47. Turkey's geographical locale: 2 wds.
49. Taking a prescription: 2 wds.
51. Model/actress Ms. Ebanks
52. Tourist's accommodation
54. Ontario: Musical now playing at the Stratford Festival: 3 wds.
58. Archie Bunker's wife
61. Canadian actress Fiona
62. Ho-hum
64. Bristly hairs
65. The Naked __ (Goya painting)
66. Stick in one's __ (Rankle)
67. __"_" Us (Chain store)
68. Red-covered cheese
69. Pull along

DOWN
1. Wheat: French
2. In the money
3. Town in British Columbia's 'South Country'
4. Home contractor's accessory: 2 wds.
5. Broadway musical-turned-movie-of-1972
6. Torment
7. __-__-__ (Name of the grass emblem of Saskatchewan)
8. Prefix meaning 'Trillion'
9. Starch-extracted roots for tapioca
10. Ivanhoe's beloved
11. Not 'non'
12. Type of package [abbr.]
13. 'Legal' suffix (Lawyer-speak)
21. Permit
22. Thingy
25. Relaxed/comfortable: 2 wds.
26. Lamented
27. Evaluate
28. Devils
29. Main course
30. Like 'light' food
32. Lei-wearer's feast
35. Baseball stats.
38. The Bounty mutineer, __ Christian
41. As per #54-Across... Music: Marvin __, Lyrics: Edward Kleban
44. "Sooo soothing!" (Spa massage reaction)
45. WWII: Conference site in 1945 for The Big Three
48. Lariats
50. First word in Inferno by Dante
53. Mystifying game board
55. Elm: French
56. Ms. Ephron of screenplays
57. Biblical twin of Jacob's
58. "C'__ la vie!"
59. God willing, __ volente
60. 'Acid' suffix
63. Graduation bird

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your focus is on shared property and the wealth of others. Don't be envious, because it's just a waste of energy. Be glad you have what you have.

Taurus April 21 - May 21
You will have to go more than halfway when dealing with others today, because the Moon is opposite your sign. This happens for two days every month. No biggie.

Gemini May 22 - June 21
Your involvement with a pet might be particularly important today. You feel concerned. It will please you to do something so that you feel better organized.

Cancer June 22 - July 23
This is a playful, fun-loving day. You might want to play hooky or take a long lunch. Sports events, social occasions and romantic excursions will appeal. Ooo la la.

Leo July 24 - Aug. 23
You need to cocoon at home or focus energy on your private life. Use this day to take a breather and pamper yourself among familiar surroundings.

Virgo Aug. 24 - Sept. 23
You have a need to relate to others today. This is why you want genuine, heart-to-heart discussions with people, not superficial chitchat about the weather.

Libra Sept. 24 - Oct. 23
Money and cash flow are a concern today. You don't like to discuss your finances with others, but you certainly think a lot about them. And today is one of those days.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in Scorpio, which makes you a bit more emotional than usual. This happens for two days every month. Just chill.

Sagittarius Nov. 23 - Dec. 21
If you can sneak away and get some time alone today, this will please you. You need a moment to pull your act together before you take it on the road.

Capricorn Dec. 22 - Jan. 20
A conversation with a female friend could be significant today. You might discuss goals, future dreams or how to move forward with organizational plans.

Aquarius Jan. 21 - Feb. 19
You feel restless and eager for something different today. Therefore, indulge this need. Go someplace you've never been before. Explore your world. Shake it up a little.

Pisces
Feb. 20 - March 20
Stay on top of banking, debt, taxes and all that red-tape stuff. Information is power, especially when it comes to your own personal finances. Know what's happening.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3						4	
			3		6			
	2		1	9	4		7	
4			2		1			8
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2	8	1	7	3	6	4	9	5
4	3	5	2	9	8	6	7	1
9	7	6	4	1	5	2	8	3
6	1	4	9	5	2	8	3	7
3	9	8	6	7	1	5	4	2
5	2	7	3	8	4	1	6	9
7	4	2	5	6	3	9	1	8
8	5	3	1	4	9	7	2	6
1	6	9	8	2	7	3	5	4

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